

PE 117 Skill Application Matrix

Military Movement Skill	Military Application
T1 - Two dive rolls & backward roll	-Individual Movement Techniques -- 3 - 5 second rushes
T2, 3, 5, 6, 7 - Hand stand through Hand Spring	-Individual Movement Techniques -- 3 - 5 second rushes -Airborne Operations -Parachute Landing Falls (Body Awareness)
T4 - Routine	-Airborne Operations -Parachute Landing Falls (Body Awareness)
Vertical Ropes	-Obstacle Courses -MOUT Operations -Airborne / Air Assault Operations
Horizontal Ropes	-Obstacle Courses -MOUT Operations -River Crossings
Horizontal Bar	-Obstacle Courses -MOUT Operations -Teamwork -Confidence
Rings	-MOUT Operations -Teamwork -Confidence
IOCT	-Obstacle Courses -MOUT Operations -Confidence -Downed Aircrew Procedures / SERE
Dips	-APFT -Obstacle Courses -MOUT Operations
Chin-ups	-APFT -Obstacle Courses -MOUT Operations
Ankles to Bar	-APFT -Obstacle Courses -MOUT Operations
Trampoline	-Airborne Operations -Parachute Landing Falls (Body Awareness)
Vaulting	-Obstacle Courses -MOUT Operations